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**WEIGHT CONTROL SYSTEM HAVING RECIPE
BUILDER AND EXCHANGE CAPABILITY**

Abstract of the Disclosure

A weight control software system and method may provide an interactive software environment to a user via a network to enhance the ability of users to follow a weight control program. The weight control software system may generate meal plans that are automatically updated based on an updated weight of the user following the weight control program. A variety of tools may be integrated into the weight control software system and be interoperable to utilize information entered by the user or generated by the system in controlling body weight of the user. Such tools may include a recipe builder which may allow users to exchange recipes.